

# 2013 California Dietary Practices Survey

**Table 1: Proportion of California Adults who Reported Eating Foods Recommended for Good Health**

Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)

About how often do you drink a glass of milk?

Was the milk you typically drank or used whole milk, reduced fat or 2%, lowfat or 1%, or nonfat or skim?

Yesterday, how many servings of yogurt did you eat?

Yesterday, how many servings of cheese did you have?

Yesterday, how many bowls of hot cereal, like oatmeal, or cold cereal did you have? What was the name of the cereal you ate yesterday?

Yesterday, how many servings of whole grain or high fiber bread, such as 100% whole wheat or or whole wheat tortillas did you have?

Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, or lentils did you have?

	Percent who Reported Eating Each Item						
	5 or More Servings of Fruits & Vegetables	Any Milk	Any Low Fat <sup>1</sup> Milk (out of Everyone)	Any Yogurt or Cheese	Any High Fiber Cereal <sup>2</sup>	Any Whole Grains or Whole Grain Bread	Any Beans
<b>Total</b>	<b>40.3</b>	<b>72.0</b>	<b>17.7</b>	<b>67.1</b>	<b>20.3</b>	<b>72.0</b>	<b>31.2</b>
<b>Sex</b>							
Male	34.3 ***	73.5	16.7	62.6 ***	19.9	71.2	33.0
Female	46.1	70.6	18.7	71.5	20.7	72.8	29.4
<b>Age</b>							
18 - 24	37.3	78.9 ***	10.1 ***	70.4 *	14.6 ***	77.0 *	30.2
25 - 34	44.0	80.0	13.1	72.3	15.0	76.7	31.7
35 - 50	39.2	68.9	19.0	65.2	19.0	67.6	33.0
51 - 64	40.6	67.7	18.8	60.2	24.4	73.5	31.9
65+	39.8	66.0	27.2	69.3	31.9	68.7	26.5
<b>Ethnicity</b>							
White	40.8	70.8 *	20.8 **	69.8 *	21.6	69.5 *	23.4 ***
Hispanic	40.4	76.6	12.7	65.6	18.4	76.0	50.8
Black	38.6	65.2	15.5	58.9	21.9	69.7	21.9
Asian/Other	38.8	77.1	16.7	67.6	14.6	81.0	34.5
<b>Education</b>							
Less than High School	35.9 ***	79.0 ***	10.7 ***	58.1 ***	16.5	69.2	48.4 ***
High School Graduate	37.2	75.8	13.7	61.9	20.8	73.5	28.7
Some College	37.8	73.8	18.2	73.4	23.3	68.8	26.1
College Graduate	48.7	61.9	25.8	72.0	19.5	75.6	28.0
<b>Income</b>							
Less than \$15,000	41.1	74.2 **	12.1 ***	66.3	18.6	71.1 *	32.0
\$15,000 - 24,999	40.9	75.5	19.4	67.2	19.7	76.8	32.3
\$25,000 - 34,999	37.0	76.8	13.8	71.6	22.7	68.2	30.8
\$35,000 - 49,999	33.0	76.5	19.6	69.7	26.7	60.4	39.5
\$50,000+	41.5	63.4	30.4	67.4	20.3	73.1	27.9
<b>Overweight Status</b>							
Overweight/Obese	39.1	73.8 *	17.0	68.0	20.6	70.8	31.5
Not Overweight	42.9	67.8	18.9	66.4	19.7	73.4	30.2
<b>Physically Active</b>							
Met Aerobic Recommendation	45.8 ***	71.9	20.1 **	70.8 ***	23.6 ***	74.3 **	30.2
Did Not Meet Aerobic Recommendation	30.9	72.5	14.0	61.2	15.8	67.3	33.0
<b>SNAP/CalFresh Status, % FPL</b>							
Participant	40.9	77.8 ***	13.5 ***	68.7 **	19.1 *	72.5	32.6
Likely Eligible, ≤ 130%	35.0	67.6	13.8	56.0	16.2	72.4	29.9
Not Eligible, > 185%	39.9	64.5	29.3	68.9	25.1	68.6	27.8

N=1505; 1503; 1494; 1500; 1505; 1500; 1504

<sup>1</sup> Low fat milk is used to refer to nonfat or 1% milk.

<sup>2</sup> High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 2: Proportion of California Adults who Did Not Report Eating Selected Foods Recommended for Good Health**

*Yesterday, how many servings of fruits, vegetables, and juice did you eat? (Fruit and vegetable consumption based on 24 hour recall question module)*

*About how often do you drink a glass of milk?*

*Was the milk you typically drank or used whole milk, reduced fat or 2%, lowfat or 1%, or nonfat or skim?*

*Yesterday, how many servings of yogurt did you eat?*

*Yesterday, how many servings of cheese did you have?*

*Yesterday, how many bowls of hot cereal, like oatmeal, or cold cereal did you have? What was the name of the cereal you ate yesterday?*

*Yesterday, how many servings of whole grain or high fiber bread, such as 100% whole wheat or or whole wheat tortillas did you have?*

*Yesterday, how many servings of beans, such as kidney beans, chili beans, bean soup, or lentils did you have?*

	Percent who Reported Eating		
	2 or Fewer Fruits or Vegetables	No Whole Grain Breads, Whole Grains, High Fiber Cereal or Beans <sup>1</sup>	No Milk, Yogurt, or Cheese
<b>Total</b>	<b>21.2</b>	<b>17.3</b>	<b>10.8</b>
<i>Sex</i>			
Male	25.5 ***	17.6	11.9
Female	17.1	16.9	9.8
<i>Age</i>			
18 - 24	32.7 ***	14.8	5.0 **
25 - 34	19.2	14.5	9.2
35 - 50	19.1	19.7	10.6
51 - 64	20.7	18.1	15.7
65+	18.8	16.8	13.3
<i>Ethnicity</i>			
White	20.1	21.3 ***	9.9
Hispanic	21.1	8.3	10.2
Black	22.2	20.0	15.0
Asian/Other	29.0	14.8	12.1
<i>Education</i>			
Less than High School	30.0 ***	17.2	10.0
High School Graduate	22.6	16.1	11.6
Some College	19.9	19.6	8.1
College Graduate	15.3	15.9	13.2
<i>Income</i>			
Less than \$15,000	24.4	19.4	8.9
\$15,000 - 24,999	18.6	12.9	12.2
\$25,000 - 34,999	20.6	17.9	8.2
\$35,000 - 49,999	17.3	17.2	12.2
\$50,000+	17.1	18.2	12.6
<i>Overweight Status</i>			
Overweight/Obese	22.2	18.3	9.3 *
Not Overweight	20.4	16.0	13.3
<i>Physically Active</i>			
Met Aerobic Recommendation	16.5 ***	15.4 **	9.9
Did Not Meet Aerobic Recommendation	28.0	21.0	12.6
<i>SNAP/CalFresh Status, % FPL</i>			
Participant	21.7	17.7	9.0
Likely Eligible, ≤ 130%	24.1	12.8	13.2
Not Eligible, > 185%	16.1	19.5	12.3

N=1505; 1503; 1501

<sup>1</sup> High fiber cereals are defined as those having 3 or more grams of dietary fiber per serving.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 3: Reported Breakfast Consumption in Last Week**

*In the last 7 days, how many times did you eat breakfast or a morning meal?*

	Reported Days of Breakfast Consumption			
	0	1-2	3-4	5+
<b>Total</b>	<b>8.1</b>	<b>10.2</b>	<b>15.3</b>	<b>66.5</b>
<i>Sex</i>				
Male	8.8	9.7	14.7	66.8
Female	7.3	10.6	15.8	66.2
<i>Age</i>				
18 - 24	6.4	10.7	20.1	62.8
25 - 34	10.8	6.1	17.0	66.1
35 - 50	7.6	15.5	15.8	61.1
51 - 64	7.8	8.5	15.0	68.6
65+	7.0	5.3	7.3	80.4
<i>Ethnicity</i>				
White	6.9	8.8	16.1	68.1
Hispanic	9.5	10.8	10.5	69.2
Black	7.2	14.3	21.1	57.4
Asian/Other	13.3	10.3	15.7	60.7
<i>Education</i>				
Less than High School	11.5	10.2	13.5	64.8
High School Graduate	10.4	12.5	18.6	58.5
Some College	6.9	10.7	16.9	65.4
College Graduate	4.4	7.1	11.3	77.3
<i>Income</i>				
Less than \$15,000	9.0	12.7	18.1	60.2
\$15,000 - 24,999	7.4	9.6	18.5	64.5
\$25,000 - 34,999	9.7	15.2	11.8	63.3
\$35,000 - 49,999	10.7	5.6	10.2	73.5
\$50,000+	2.7	5.4	11.2	80.7
<i>Overweight Status</i>				
Overweight/Obese	9.1	10.2	16.3	64.5
Not Overweight	5.8	9.6	14.3	70.3
<i>Physically Active</i>				
Met Aerobic Recommendation	5.9	7.6	15.4	71.1
Did Not Meet Aerobic Recommendation	11.2	13.8	15.9	59.2
<i>SNAP/CalFresh Status, % FPL</i>				
Participant	9.6	12.2	16.8	61.5
Likely Eligible, ≤ 130%	10.3	9.8	20.6	59.3
Not Eligible, > 185%	3.0	4.9	9.2	82.9

N=1502

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 4: Reported Hours of Sleep in a 24-Hour Period**

*On average, how many hours of sleep do you get in a 24-hour period?*

	Mean Hours of Sleep	
<b>Total</b>	<b>7.0</b>	
<i>Sex</i>		
Male	7.0	
Female	7.1	
<i>Age</i>		
18 - 24	7.1	ab ***
25 - 34	6.9	a
35 - 50	6.9	a
51 - 64	6.9	a
65+	7.4	b
<i>Ethnicity</i>		
White	7.1	a ***
Hispanic	7.1	a
Black	6.7	b
Asian/Other	6.5	b
<i>Education</i>		
Less than High School	6.9	
High School Graduate	7.1	
Some College	6.9	
College Graduate	7.1	
<i>Income</i>		
Less than \$15,000	7.0	
\$15,000 - 24,999	7.1	
\$25,000 - 34,999	6.8	
\$35,000 - 49,999	7.0	
\$50,000+	7.0	
<i>Overweight Status</i>		
Overweight/Obese	6.9	**
Not Overweight	7.2	
<i>Physically Active</i>		
Met Aerobic Recommendation	7.0	
Did Not Meet Aerobic Recommendation	7.0	
<i>SNAP/CalFresh Status, % FPL</i>		
Participant	6.9	a *
Likely Eligible, ≤ 130%	7.3	b
Not Eligible, > 185%	7.1	ab

N=1498

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common letter (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

## 2013 California Dietary Practices Survey

**Table 5: Adults Reporting at Least One Cigarette or Other Tobacco Product in the Past 30 Days**

Think about the last 30 days. On how many of these days did you smoke cigarettes or other tobacco products?

	Percent Reporting $\geq 1$ Cigarette or Tobacco Product
<b>Total</b>	<b>22.2</b>
<i>Sex</i>	
Male	28.1 ***
Female	16.5
<i>Age</i>	
18 - 24	26.6 ***
25 - 34	24.2
35 - 50	25.9
51 - 64	19.6
65+	9.3
<i>Ethnicity</i>	
White	26.8 ***
Hispanic	12.5
Black	16.5
Asian/Other	35.6
<i>Education</i>	
Less than High School	28.7 ***
High School Graduate	21.9
Some College	28.3
College Graduate	11.9
<i>Income</i>	
Less than \$15,000	28.3 ***
\$15,000 - 24,999	20.3
\$25,000 - 34,999	31.4
\$35,000 - 49,999	16.2
\$50,000+	7.3
<i>Overweight Status</i>	
Overweight/Obese	22.0
Not Overweight	23.4
<i>Physically Active</i>	
Met Aerobic Recommendation	21.3
Did Not Meet Aerobic Recommendation	23.7
<i>SNAP/CalFresh Status, % FPL</i>	
Participant	28.0 ***
Likely Eligible, $\leq 130\%$	20.1
Not Eligible, $> 185\%$	8.4

N=1502

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

\*\*\*  $p < .001$